



YOUR VIDEO ALTER EGO

by

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THE SHINY BITS

Hey VideoStar!

We can all be bold, confident, shy, awkward, funny, brave, the life of the party, the wall flower, the villain, the hero.

We bring out different parts of ourselves in different situations.

Discover how to unleash feeling most confident and alive in front of the camera!

Okay, dive on in!

And as always...

Dream up,



Sarah Michelle Brown
Your Virtual Video Director



YOU AT YOUR BEST

Write down all the places and situations in which your best shines. Where you feel connected to your dreams, where you feel at your best!



WHAT'S IN YOUR CLOSET?

Think about the clothes and accessories that represent you at your best.

List them below, and then *wear some of them in your videos this week:*



YOUR ENERGETIC TOUCHSTONES

Time to think outside the proverbial box, VideoStar!

Brainstorm *other* ways to bring that energy of you at your best, into your videos. What other *touchstones* help you SHINE?



*Be sure to share your
questions and ah-hahs in the
Facebook group!*